



CITY OF BRYAN
Healthy Lifestyles

WORKSITE WELLNESS NEWS

VOLUME V, ISSUE 3

NOVEMBER 1, 2012

SPECIAL POINTS OF INTEREST:

- **Health Assessments Due this Month!**
- **Open Enrollment Set to Begin**

INSIDE THIS ISSUE:

It's not too late to get your flu shot! 2

Upcoming CPR & DDC Classes 2

November is American Diabetes Month 2

Know Your Benefits 3

Health Assessment Packets Due November 9th

If you would like to participate in the City's health assessment program, Healthy Lifestyles, your packet must be turned in to Risk Management or to the City of Bryan Employee Health Center by **Friday, November 9th**. As a reminder, by participating in the program, you will receive our Healthy Lifestyles insurance premiums, which are \$50.00 less than that of a non-participant.

If you haven't completed your assessment yet, you may still call the City of Bryan Employee Health Center to schedule an appointment or have it completed through your primary care physician. If you were asked to follow-up after your initial assessment, you will have until December 7th to do so and return your physician's note to Risk Management.

If you have any questions regarding the health assessment program, please call Risk Management at 209-5050 or email lbecker@bryantx.gov. Don't miss out on your chance to participate for Plan Year 2013!

We CAN Weight Loss Challenge Wraps up this Month!



Forty-two City of Bryan Employees began the "We CAN" Weight loss challenge in September and the challenge will wrap up on November 28th. For each pound lost by participants, HEB will donate one pound of food to the KBTX Food for Families Food Drive to be held on December 5th at the Brazos Center. Stay tuned for results from the third annual "We CAN" Weight Loss Challenge!

Final Weigh-In
Wednesday, November 28th
11am-1pm in the MOB Basement

Great American Smokeout-November 15th Pledge to Quit!



The American Cancer Society is marking the 37th Great American Smokeout on November 15th by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step toward a healthier life – one that can lead to reducing cancer risk. You may contact the American Cancer Society at 1-800-227-2345 for telephone counseling or other resources in our area. Also, check with your doctor about Nicotine Replacement Therapy as the City of Bryan's prescription plan covers many of these drugs.

It's not too late to get your Flu Shot



If you or your covered dependent have not gotten your flu vaccine, you may still go to the City of Bryan Employee Health Center to have the vaccine administered. The Health Center is open Monday-Friday 8am-Noon and 1-5pm. While you do not have to have an appointment to get the vaccine, wait times may vary depending on the Center's daily schedule. The Center's phone number is 821-7690 and calling ahead may save you time. The vaccine is free for all City of Bryan employees as well as dependents who are on the City's health insurance plan.

The City is offering the inactivated influenza injection along with the high dose vaccine (ages 65 and older). The intranasal vaccine (Flu Mist) will not be offered this year. You and each of your dependents receiving the vaccine will need to complete a consent. Click [here](#) to print a copy to take with you. If you have any questions regarding flu shots, you may contact Risk Management at 209-5050 or the Employee Health Center.

CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)

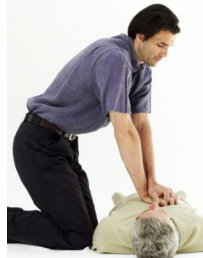
November 26th

8am-5pm at the MSC

CPR & First Aid (renewal)

November 28th

1-3pm at the MSC



Defensive Driving

November 27th & 28th

8-11:30am at the MSC



Please contact Howard Hart at 209-5056 or hhart@bryantx.gov to register.

November is American Diabetes Month

Did you know?

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion.

St. Joseph Healthy Communities offers a comprehensive Diabetic Education Class on a regular basis and give City of Bryan employees a discount. The cost of the class is \$25.00 and any employee who is on the City's insurance plan and completes the course may receive a \$25.00 HEB gift card upon completion. Click [here](#) to view the class schedule. If you would like more information, contact Lesley Becker at 209-5050 or call the Employee Health Center at 821-7690.

Source: American Diabetes Association



Know Your Benefits

Open Enrollment Starts This Month!

November 6-December 7, 2012

Open Enrollment provides eligible employees an opportunity to make changes to their health benefits, Flexible Spending Accounts, and Dependent Day Care, and to make changes to their Dental/Vision and Voluntary Insurance plans. Open Enrollment for Health Care, Flexible Spending accounts, and Dental plan offerings will begin Tuesday, November 6, 2012, and end Wednesday, December 7, 2012. All Open Enrollment changes made during the 2012 Open Enrollment period will be effective January 1, 2013.

If you do not want to make changes to your health plan selection, you need not take any action. Your health benefit selections for Plan Year 2012 will be automatically continued into Plan Year 2013, with the exception of your cost contributions. **If you want to continue your enrollment or begin participation in a Flexible Spending Account, you must enroll or re-enroll.** Your current Flexible Spending Account contributions, if any, will not automatically continue for Plan Year 2013.

As you prepare to make decisions on coverage, visit www.hsamember.com and utilize their tools to help you pick the plan that is right for you. Take the time to consider what plan is best for you. Don't assume that your current coverage is still the right choice. There could be options that better meet your needs.

To help answer questions about the plans, attend one of the Open Enrollment Meetings. Click on [here](#) to see dates and times. If you have other questions regarding Open Enrollment, please contact our Benefits Administrator, Florencia Galaviz at 209-5053 or fgalaviz@bryantx.gov.



Open Monday-Friday 8am-5pm
(closed from noon-1pm)

Remember: all clinic closings are posted at
http://www.bryantx.gov/wellness/?page_id=539

Call 979-821-7690 for an appointment!

There is no co-pay at the clinic and it is available to all employees, dependents and retirees on the City's health insurance plan.

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Becker
Wellness Coordinator
(979) 209-5050

lbecker@bryantx.gov
www.bryantx.gov/wellness

Copies of this newsletter are available in Risk Management.